



Vol. 47, No. 25 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, July 7, 2006

2 News Safeguarding against chickenpox
4 Commentary "Did you hear? ..."
5 Feature Fouth of July base festivities

SGLI rate up

Small increase for premium rates

WASHINGTON (AFPN) — The monthly premium rate for basic Servicemember's Group Life Insurance increases by 5 cents per month for each \$10,000 of coverage, from 65 cents per month per \$10,000 to 70 cents per month per \$10,000, effective July 1. On the same date, family SGLI premiums will decrease across the board.

The most recent SGLI premium change occurred in July 2003, when the monthly premium rate for basic SGLI was reduced from 80 cents per \$10,000 of insurance to 65 cents per \$10,000. That change was made to reduce surplus reserve funds in the program.

A small increase in the SGLI premium rate is now necessary for the program to remain in sound financial condition, while covering the cost of peacetime claims. The cost of wartime SGLI claims is borne by the uniformed ser-

vices, not by servicemembers.

As a result of this increase, members who have the maximum \$400,000 of SGLI coverage will see their monthly SGLI deduction from service pay increase by \$2 a month, from \$27 to \$29, beginning with their July pay.

This monthly SGLI premium includes a \$1 per month charge for traumatic injury protection coverage, which took effect Dec. 1 and provides payments of up to \$100,000 for serious traumatic injuries.

Also in July, family SGLI monthly premium rates will be reduced for all age groups by an average of 10 percent. The new rates reflect better-than-expected claims experience for each age group in the family SGLI program.

For more information, servicemembers and family members can contact the military personnel flight at 225-9913.



photo by Chief Master Sgt. Michael Atkinson

Fiery fourth

Fireworks lit up the sky Tuesday night during the annual Independence Day celebration held on the flightline and in Hangar 15. Festivities included live music, a barbecue cook-off, petting zoo, scavenger hunt, putt-putt golf tournament, Leaky Kon-Tiki boat race and more. Below, youth feed a land turtle at the petting zoo during the festivities on the flightline. To see more photos, turn to page 5.



photo by Airman 1st Class Brian Kimball

Vandalism of Kanto Express buses not tolerated

374th LRS requests anyone witnessing acts of vandalism on the bus to report it to the driver immediately

By Staff Sgt. Karen J. Tomasik
 374th Airlift Wing Public Affairs

Over the past two months, the 374th Logistics Readiness Squadron has experienced six incidents of vandalism to the Kanto Express base shuttle buses.

The latest incident occurred when someone used a permanent marker to deface the seats of a Kanto Express shuttle



courtesy photo

The Kanto Express shuttle has recently experienced an increase in vandalism. This is a photo shows the latest incident. The vandalism creates hours of work for the 374th Logistics Readiness Squadron.

bus. Vandalism of the shuttle buses not only damages property but also disrupts the base's ability to continue the service.

Depending on the type of vandalism, repair costs can be significant.

"In one incident, the bus driver spent an hour and a half removing marks from the bus seats," said Tech. Sgt. Randall DeChant, 374th LRS vehicle operations chief dispatcher.

"The most recent case however, required two and half man-days of work and \$600 to completely replace two seat covers. Our main mission is to support the warfighters and we can't do that with our vehicles out of service due to vandalism," said Sergeant DeChant.

The repair costs for vandalism can be very high, especially when it requires replacement of the seats or panels of the bus. When this happens, the buses are removed from services, sometime for several days at a time, reducing the squadron's ability to provide the shuttle service.

The base shuttle is a service that the Air Force provides for duty passengers

at Yokota Air Base. Other passengers may ride the shuttle if space is available (according to Air Force Instruction 24-301).

"We want the Kanto Express to be a clean, safe and friendly environment and we need your help," said 1st Lt Michael Morris, 374th LRS vehicle operations flight commander. "One way that the Yokota community could help would be for parents to talk with kids about vandalism and how it affects them and their family."

According to Erica Usher, the Yokota Conduct Adjudication Program coordinator, if individuals are found to have vandalized the bus, the 374th Security Forces Squadron will be called and the individual could face punishment including community service, repair-cost reimbursement, or base debarment.

"We want the Kanto Express to be a clean, safe and friendly environment and we need your help,"

1st Lt. Michael Morris
 374th LRS vehicle operations flight commander

Another way to reduce vandalism is for adult bus riders to sit in the back of the bus to help monitor the other passengers. The 374th LRS requests anyone who witnesses acts of vandalism to report it to the driver immediately.

"We want to ensure that our customers get the best service possible in a clean and safe environment," said Maj. Douglas Dickerson, 374th LRS director of operations. "Soon we will also install video cameras in all of the buses on the shuttle route."

In order for the Kanto Express to keep running it is imperative we keep our buses clean and everyone reports vandalism immediately. We live in a great community here at Yokota and we need your help to ensure that we keep it clean and safe."

Just a little more to the right ...



photo by Staff Sgt. Karen J. Tomasik

Airman 1st Class Ron Rabineau, a loadmaster with the 36th Airlift Squadron, marshalls in a pallet for an upcoming mission from a 25K loader June 23. The pallet was destined for the Fuji drop zone during a routine training mission, but instead was a “no drop” due to weather conditions to maintain mission safety.

374th MDG chickenpox advisory

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Usually Yokota Air Base sees two to three cases of chickenpox a year, but this year 10 cases have already been diagnosed by the 374th Medical Group.

Chickenpox is a viral illness. It is transmitted in the air, and is highly contagious. It usually takes two weeks from the time a person is exposed to the virus before a fever or the classic rash appears.

Unfortunately, people are infectious for approximately 72 hours before the rash appears and during this time they commonly spread the disease to others.

In addition, the blisters of the rash also contain virus. If the blisters are scratched or touched, the virus can be spread to those who are susceptible. Once a person has contracted chickenpox, their body mounts an immune response, and typically thereafter, they are immune from catching chickenpox again.

“Chickenpox in children is a relatively common, benign disease,” said Lt. Col. (Dr.) Catherine Bard, Chief of Medical Staff for the 374th Medical Group. “However, a few children can develop complications, like pneumonia. On the other hand, in adults, people who have weak immune systems, young infants, and unborn children of unexposed or unimmunized pregnant women, chickenpox can be quite dangerous.”

Therefore, base daycare and schools require vaccination of all children who have not already had chickenpox prior to entry. The Center for Disease Control

recommends that children who have not already had chickenpox between the ages 12 months and 12-years-old receive one dose of vaccine, and children or adults who have not had chickenpox and are age 13 years or older, receive two doses. “Vaccination, however, is not required in Japanese schools,” said the colonel. “So if your child attends one of these schools, you may want to consider having your child vaccinated to help prevent spread of this disease.”

Typically, supportive care is the only treatment needed. Chicken pox is extremely itchy, so oatmeal or baking soda baths, calamine lotion and an oral medication are often helpful. According to the colonel, parents shouldn’t try to cover the lesions as it is best to let them air dry. One precaution the colonel gives is for parents not to use aspirin because it can cause an often fatal condition – Reye Syndrome.

Because there is no clinical treatment for the average healthy child with chickenpox, the 374th Medical Group asks that people help protect pregnant, elderly, and infant patients, by not going directly to the Urgent Care or Pediatrics clinics. If members are unsure, or desire to have their child examined, call Urgent Care at 225-7740 or the pediatric clinic at 225-8864.

“A physician will speak with you or arrange to meet with you to examine you or your child,” said the colonel. “If you know you or your child have been exposed to chickenpox, and you or your child have never had chickenpox, please call either of the numbers above for guidance about possible vaccination or revaccination.”

Base staff sergeant jailed for dereliction of duty

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

A general court-martial panel found a Yokota staff sergeant guilty of intentionally missing a movement, dereliction of duty, and making wrongful statements during a trial that ended here May 11. Staff Sgt. Johnny Francisco, 374th Aircraft Maintenance Squadron, was given a dishonorable discharge, nine months in prison, and reduction to the rank of E-1.

“Service before self is one of the Air Force’s core values and this sergeant did not live by that value,” said Maj. Brandon Hart, 374th Airlift Wing Staff Judge Advocate. “Capt. John Simms, the prosecutor in this

case, did a terrific job in advocating for a stern sentence that appropriately punished the accused and sent a strong deterrent message.”

Sergeant Francisco was tasked to deploy in 2005, but according to court documents he made multiple statements to other military members saying he would not deploy. The sergeant then flew to Misawa Air Base in September 2005 to catch another flight to his deployment location.

While at Misawa, the sergeant called the emergency room and made statements to the operator about possibly harming himself. Sergeant Francisco did not deploy because of his statements and another member had to be sent in his place.

Nihon-go now

⇒ **Can you tell me how to get to the festival?**
Omatsuri eno ikikata wo oshiete kudasai?
(oh-mah-t-soo-lee eh-noh ee-kee-kaah-taah oh oh-shee-eh-teh koo-dah-sah-ee.)

⇒ **What time does the festival begin?**
Omatsuri wa nanji kara hajimari masuka?
(oh-mah-t-soo-lee waah naah-n-jee kah-lah haah-jee-nah-lee maah-soo-kah.)

AD

Weather mission comes to a close



photo by Yasuo Osakabe

Mr. Satoru Saito, 374th communications squadron, pulls the first patch cord on a main circuit to initiate the official closure of the Global Weather Intercept Program at the Owada receiver site. Mr. Saito worked at the Owada receiver site as an operator for 12 years. The site consistently produced a 95 percent accuracy rate of weather forecast data for three decades.

Wing competition promotes safety

By Master Sgt. Dominique Brown
374th Airlift Wing Public Affairs

With 59 days to go of the 101 Critical Days of Summer, the 374th Airlift Wing safety office is pushing hard to promote safety with the 374th Airlift Wing Commander's Safety Cup Challenge.

All units assigned to Yokota Air Base are eligible to participate in the challenge. There are three categories to compete in: small, medium and large units. A trophy will be awarded to the unit with the most competition points in their category.

The idea of the competition is to get everyone involved in some way in the safety program, said Master Sgt. Shawn Turcotte, 374th Airlift Wing ground safety superintendent and point of contact for the competition.

Maj. Joseph Ward, 374th Airlift Wing safety office, chief of flight safety, agreed. "Our goal is to help commanders create a buzz about safety amidst their individual sections and flights. The Air Force has historically seen an increase in mishaps during the summer, so any additional emphasis on personal risk management is always a good thing."

The safety cup challenge started on May 27, the first day of

the 101 Critical Days of Summer. There are 14 categories units can earn points in, all centered around promoting safety.

"We've had an overwhelmingly positive response to the challenge and the spirit of competition has brought out the best in Team Yokota," said Major Ward. "Units are conducting their own seatbelt checks, supervisors are discussing safety more often in roll calls and individuals are creating amazing posters about safety awareness all to earn points for their unit."

Some of the big point category requirements are: conduct a seatbelt check for vehicle operators and personal protective equipment survey for motorcycle operators, 30 points; conduct a squadron safety call, 50 points; conduct unit vehicle checks, 50 points or work

a 225-RIDE shift, 20 points.

Points earned for activities accomplished by an individual will go toward their unit's total score. Unit commanders validate all activities or submissions on a weekly tally sheet to the wing safety office. The cutoff date for all submissions is Aug. 28 by 4 p.m.

"Even though this competition is focused on the 101 Critical Days of Summer, we hope it creates a safety awareness that continues throughout the year," said Sergeant Turcotte.

For detailed information on the Commander's Safety Cup Challenge go to the Yokota Safety Homepage at <https://www.mil.yokota.af.mil/default.aspx?tabid=135>, under Ground Safety on the left side of the page.

New quarterly safety awards

The Wing safety office is now accepting nominations for three new quarterly safety awards beginning with the third quarter.

"The Ground Unit Safety Representative of the Quarter, the Weapons Unit Safety Representative of the Quarter and the Maintenance Safety Outstanding Achievement Award of the Quarter were added to the quarterly awards program to recognize the hard work of individual unit safety representatives and aircraft maintainers who promote in-flight safety," said Maj. Joseph Ward, 374th Airlift Wing safety office, chief of flight safety.

AD

'Did you hear ... ?' Take shears to the Yokota grapevine

By Col. Mark Presson
374th Medical Group

"Have you heard about the medical group commander's daughter ... in trouble again?"
"The word on the street is that the pathologist has confirmed that a super bug is making the rounds and has taken several Yokota families down."

"What is the deal with the quality of the chow in the hospital dining hall?"

If these statements peak your interest, read on.

Yokota Air Base is famous for many good things. It is a great-looking headquarters base with a vibrant mission; many award-winning programs; and warm, friendly people.

Unfortunately, it is also notorious for its grapevine. In fact, the rumors at Yokota are so significant some have called it a vineyard.

As I travel around the base, I hear or overhear many personal remarks. In fact, sometimes I learn what is going on in the hospital, the wing and other homes through very unofficial channels. I have seen operational security compromised when the vineyard was talking about deployments not yet in the open.

Not only is this wrong, it potentially compromises the safety of our loved ones and the success of their mission.

On other occasions, I have seen the reality twisted and innocent folks maligned and hurt by rumors.

The military community is a big family and that is one reason I have spent 23 years as an Air Force officer. It is appropriate to be concerned about individuals and organizations in our community. When the "family" is used to justify the need to know it all, we have gone too far.

There are reasons why overseas bases,

including Yokota, are known for rumors. At most bases in the United States, the warriors and their families work on the base, but commute to their homes in surrounding communities. At Yokota and other overseas bases, warriors and their families mostly live and work on a relatively small base.

Further, because most folks only communicate in English, the tendency is to stay around the base and its people. The result is Yokota focus. We tend to cuss and discuss base issues and personalities endlessly.

As we know from our experiences passing messages through a chain of people, the original message tends to become distorted as it is passed along.

A further concern is privacy. Where ever people are watching and commenting, privacy is often violated. Mutual respect means that we keep quiet about what we know or think we know. If it isn't illegal, let it be.

Several suggestions:

⇒ Do not participate in idle talk about mission or deployment issues and the personal lives of others.

⇒ If you cannot say something positive, seriously consider whether it needs to be said at all.

⇒ If there is a real problem, take it directly to the individual or refer it to a helping agency or the chain of command. After thinking about it, if you would not talk directly to the individual, the chain of command or a helping agency, then consider carefully whether you should talk about it at all.

⇒ Individuals and agencies cannot fix a problem of which they are not aware. If there is a real problem, address the issue without delay.

⇒ Work the issues that need be worked at the lowest level consistent with results.

⇒ Most of us have been embarrassed because "everyone knows," and we could have fixed the problem if just one person had come directly to us.

⇒ When you hear something you know is false, attempt to correct it or seek the truth by going to the source and not 10 more people who have no direct knowledge but offer to speculate.

⇒ If you are really willing to help, then engage. If you are not, then keep your distance. The worst action to take is to stand at a distance disengaged from meaningful action but remain very active in verbal debate and hypotheses.

⇒ It is important to remember that some things are best left unsaid.

⇒ Different is okay as long as it is not illegal.

⇒ Be understanding and forgiving. We have all made mistakes, and in such circumstances, that is the way we would want to be treated.

By putting these suggestions in action, we can make Yokota a better place to live and work. The Yokota vineyard is one thing we need to let wither and die.

So what about the medical group commander's daughter? Truth is he doesn't have a daughter – he has two sons.

And while we have cultured many organizations in the hospital laboratory, they have all been well-known treatable entities – no new super bugs have attacked anyone.

Finally, the hospital dining hall is famous for great-quality, home-style cooking. The next time you are in the area, drop by for an outstanding lunch.

CMSAF #14 retiring: 'Farewell fellow Airmen'

By Chief Master Sgt. of the Air Force
Gerald Murray

It's been my honor and privilege to serve as your 14th Chief Master Sergeant of the Air Force. As I culminate my 29-year career, I want to thank each of you for volunteering to serve our nation, for fighting the Global War on Terror and for continuing to keep our Air Force strong.

Early in my tenure I wrote a CMSAF Perspective entitled: "To the members of the best enlisted force in the world." I wholeheartedly believed that then; now after four years traveling around our Air Force, meeting with so many of you and witnessing the tremendous feats you accomplish everyday, I'm convinced even more.

Your pride and professionalism are awesome and continue to

make the difference in our ability to accomplish our mission. We dominate in air, space, and across the planet because of you. You truly are the nation's and our Air Force's greatest asset.

As America's Airmen we are asked to lead the way in the fight for freedom. Together we transformed from Cold War mentalities to a combat expeditionary Air Force ... an incredibly strong, agile, and lethal force. Our combat role began more than 15 years ago with Desert Storm. You've since honed your skills through Operations Northern and Southern Watch, Allied Force, Noble Eagle, Enduring Freedom, and Iraqi Freedom, among many others challenges.

In the Global War on Terror you've taken the fight to the enemy and defeated them

everywhere you engaged. As the war continues, you must remain resolute, strong, and prepared to fight anytime and anywhere that our liberties, or those of our allies, are threatened. I am confident that just as those who came before us overcame challenges, you will continue to soar to the challenges ahead with courage, commitment, and conviction. I'm grateful to have served with such outstanding men and women who exemplify these values.

Because of your service and sacrifice, the seeds of Democracy are growing in Afghanistan, Iraq, and other areas of the world. Take pride in your part in building the future of these nations—nations that simply want to enjoy the freedoms we often take for granted. Most importantly, stand fast in preserving our great

democracy and way of life in the United States of America. As Airmen, we can measure our success not in dollars, rank or recognition, but in the ability to make a difference in someone else's life, in our nation and in our world.

Our Chief of Staff, Gen Moseley, selected Chief Rod McKinley to be the 15th Chief Master Sergeant of the Air Force. He is a committed leader, with tremendous experience, education, and compassion. His strength and character make him the right person at the right time to lead and represent our outstanding enlisted force.

I leave you in good hands, and the Air Force in your capable hands. Keep your focus on winning this war and taking care of each other. Best wishes to each of you.



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DUI Prevention

June 28 – July 4	1
Total DUIs in June	0
Total in 2006	8

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

E-mail the 374th Airlift Wing commander at: action.lines-1@yokota.af.mil

Celebrating independence



photo by Airman 1st Class Javier Cruz



photo by Airman 1st Class Brian Kimball



photo by Airman 1st Class Brian Kimball

Left, community members enjoy arts and crafts during the Independence Day celebration on the flightline Tuesday. Center, clowns were also on hand to entertain children of all ages. Below, a band impersonating the Blues Brothers also performed at the festivities. Other impersonators included Prince, Madonna and Janet Jackson. They traveled from Las Vegas to here.

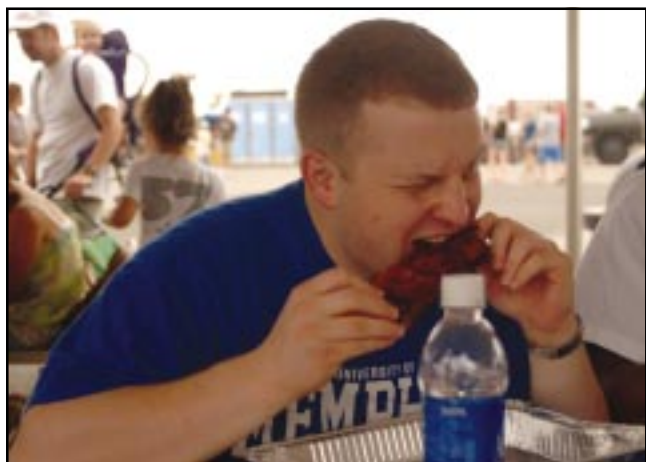


photo by Airman 1st Class Laszlo Babocsi



photo by Airman 1st Class Brian Kimball

Top, participants in the Leaky Kon-Tiki boat contest do their best to stay afloat Tuesday at the Natatorium. Center, a judge in the Memphis barbecue cook-off takes a taste of one of the entries. Bottom, community members also enjoyed performances from Las Vegas impersonators, including Janet Jackson.



photo by Chief Master Sgt. Michael Atkinson

AD

Off base

31st Hamura Natsu Matsuri: The city of Hamura is hosting its annual summer festival July 29 from 3 to 8:30 p.m. on the east side of JR Hamura Station. The festival includes a dance parade, samba contest, booths and more. Volunteers are also needed to help run a cotton candy booth for the Hamura-Yokota Friendship Club. E-mail ryo-nozaki@mtf.biglobe.ne.jp.

Japanese Iris Festival: The Fukiage Shobu Park is hosting this festival through Aug. 2. More than 100,000 bulbs will be in bloom. It is a 15-minute walk from JR Ome Line's Higashi-Ome Station.

Spring Rose Festa: The Jindai Shokubutsu Park is hosting this festa through Aug. 2. It includes a competition and numerous displays. Call 042-482-2300.

On base

Movies

Today – *Click*, PG-13, 7 p.m.; *United 93*, R, 9:30 p.m.

Saturday – *Hoot*, PG, 2 p.m.; *Stick It*, PG-13, 7 p.m.; *Click*, PG-13, 9:30 p.m.

Sunday – *Hoot*, PG, 2 p.m.; *Click*, PG-13, 7 p.m.

Monday – *American Dreamz*, PG-13, 7 p.m.

Tuesday – *ATL*, PG-13, 7 p.m.
Wednesday – *Click*, PG-13, 7 p.m.

Thursday – *United 93*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Pre-deployment

A pre-deployment briefing is held every Thursday from 9 to 10 a.m. at the Airmen and Family Readiness Center. Spouses are highly encouraged to attend the briefing. Call 225-3347. Volunteers needed.

Homeschool group

The Yokota Homeschool Group hosts monthly meetings, field trips and more during the school year. Send an e-mail to yokotahomeschoolers@hotmail.com.

Tanabata Festival

Tama Hills Golf Course will host a traditional Tanabata Festival July 9 from 10 a.m. to 3 p.m. Japanese activities, food, golf demonstrations, lessons and music will be available for all ages. Call 224-3426.

Japanese class

An adult education lunch-time Japanese language class is being offered from July through September. Beginner classes are held Wednesdays and Thursdays. Intermediate classes are Tuesdays. The cost is \$10. Call 225-7337.

Support group

A single parent support group is meeting at the Yujo Recreation Center Saturday at 10 a.m. Call 225-3648.

Hispanic heritage

The Hispanic Heritage Committee* needs volunteers to help plan and organize heritage month activities. Call 225-4146.

Drivers' education

Youth age 16 and older can register for the drivers' education course at the Taiyo Recreation Center. The cost is \$300 for the full course, \$50 for the road test only, and \$175 for drivers' practice and road test. Call 225-6955.

Tanabata Dancers

Learn to perform traditional Japanese dances with the Tanabata Dancers. Practices are held Fridays at 6:30 p.m. in Tower 2085. E-mail tanabata_dancers@hotmail.com.

Airmen's Attic

Volunteers are needed to work at the Airmen's Attic to staff the store and sort donations. Call Master Sgt. Brown at 225-7338.

Bundles for Babies

The Airmen and Family Readiness Center offers an educational program for couples expecting a baby on July 25 from 9 a.m. to noon. Topics include infant care and selecting a caregiver. Call 225-8725.

Tuition assistance

The Base Training and Education Services Flight is accepting Air Force spouse tuition assistance applications for Term I from July 3 to 21. Call 225-7337.

Red Cross training

The local American Red Cross chapter is offering a standard first aid class July 8, and a community first aid and safety class July 15. Classes are first come, first serve. Call 225-7522.

Japanese cooking

The Airman and Family Readiness Center is hosting Japanese cooking classes July 11 from 5 to 6:30 p.m., and July 25 from 11:30 a.m. to 1 p.m. Call 225-8725.

Yokota Singles

A free coffee and snack bar is hosted for singles here Fridays beginning at 7 p.m. in the building behind the Traditional Chapel. A free dinner and Bible discussion is hosted there also Tuesday beginning at 5:30 p.m. Call 225-7009.

Origami class

The Airman and Family Readiness Center is hosting an Origami, or Japanese paper-folding, class July 19 from 11 a.m. to 1 p.m. Call 225-8725.

Neighborhood watch

Base residents are needed to participate in this program that helps reduce crime. Volunteer and help protect the community. Call 225-7244.

MDG hotline

Community members with ideas or suggestions for the medical facilities on base can e-mail 374mdg.cs@yokota.af.mil or call 225-4719.

Deployed dinner

Families with deployed members are invited to an Asian dinner at the Airman and Family Readiness Center July 21 from 6 to 8 p.m. Meet with other families of deployed spouses. Call 225-8725.

Samurai Warrior



of the Week



Staff Sgt. Kathleen Hammerer

Staff Sgt. Kathleen Hammerer, 374th Dental Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

Sergeant Hammerer is assigned to the oral surgery element as a dental assistant craftsman. Her dedication and relentless pursuit of perfection in tracking the dental examination appointments of Yokota's flying personnel was key to keeping 99 percent of rated personnel dentally ready. Sergeant Hammerer coached 15 girls in youth cheerleading. She also was recently awarded her Community College of the Air Force degree in dental assisting.

Money management

The Airman and Family Readiness Center is offering "It's Your Move," a 10-module class about money management. Sessions are available July 17, 19, 21, 24, 26 and 28. Call 225-8725.

School lunches

Applications are being accepted for the Department of Defense's free and reduced lunch program for the upcoming school year. Families must submit applications and paperwork to the school liaison in Bldg. 316.

Spouse employment

If you are a military spouse and would like assistance searching for a job, stop by the Airman and Family Readiness Center. Classes are available to help you get started. For more information email tracie.hathorn@yokota.af.mil.

Bible studies

The Protestant Women of the Chapel offers a Bible study throughout the summer in addition to its regular fall studies. Call 225-7009.

Physician assistants

The Air Force is accepting applications from active duty enlisted Airmen for physician assistant training classes in January, April and August 2008. Applications must be turned in by Jan. 26, 2007. Call 225-9913.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“If the people don’t want to come to the park, nobody’s going to stop them.”

Yogi Berra

Cheerleading: The Yokota High School cheerleading squad is hosting tryouts Aug. 8 and 9 from 10 to 11:30 a.m. at the Samurai Fitness Center basketball courts. A parents meeting is Aug. 7 at the high school lecture hall at 6:30 p.m. E-mail to yhs.cheerleaders@yahoo.com.

Marathon: The Pacific Air Forces is sponsoring two men and two women to run in the Air Force marathon. The runners with the fastest times and experience will be selected. Runners must submit an AF Form 303 and turn it in the Samurai Fitness Center sports department by July 7. Call 225-8881.

Circuit training: Morning Madness circuit training is held at the Samurai Fitness Center Tuesdays and Thursdays from 6:30 to 7:30 a.m. Call 225-8322.

Fit Mom: Mothers who are with child can attend this class, held Saturdays from 9:30 to 10:30 a.m. at the Natatorium. Exercises include walking in water, hydro-circuits, swimming and walk activities. Call 225-8322.

Health tip: Patients should ensure they get the results of any test of procedure they have done at the base hospital. Ask a doctor or nurse when and how results will be given. Remember that no news is not necessarily good news. Also ask questions about what the results mean.

Fuji Flyer: Submit photos, stories, stats and more by e-mail to fuji.flyer@yokota.af.mil.

Outdoor Rec offers trips around Japan

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

With the summer months fully upon Yokota Air Base, Outdoor Recreation offers a number of unique opportunities for people.

The most famous of the trips available to Yokota is the chance to climb Mount Fuji during July and August.

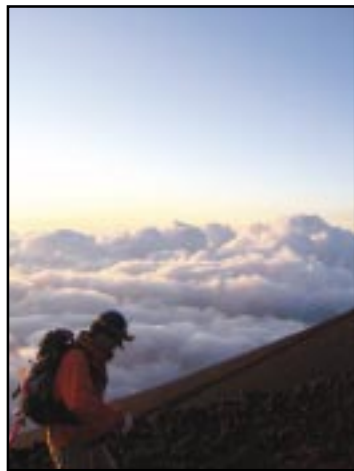


photo by Capt. Ben Alumbaugh

Mt. Fuji is not only the highest mountain in Japan, but is also a dormant volcano, which most recently erupted in 1708. The mountain stands on the border between Yamanashi and Shizuoka Prefectures and can be seen from Tokyo and Yokohama on clear days.

Outdoor Recreation not only offers the chance to climb the famous mountain during the summer, but also the chance to go paragliding, white water rafting and more.

“I went on one of the white water rafting trips this summer and had an absolute blast,” said Tawana Sellers. “The trip was geared for everyone, from people who had never done this type of activity to people with more experience.”

The trips use experienced guides who are able to give people a well organized and fun trip for everyone.

“The guides on our trip were



courtesy photo

Above, community members enjoy whitewater rafting during a recent Outdoor Recreation trip. Left, the Outdoor Recreation Center is offering numerous trips to climb Mt. Fuji throughout the summer.

from New Zealand and Japan,” said Ms. Sellers. “They gave us the chance to do different things while going down the river.”

To get a complete schedule of trips planned for the remainder of the summer, call 225-4552 or stop

by Outdoor Recreation in Bldg. 564, located near the main base shoppette behind the Yokota Community Center. The staff can also help community members suit up with the proper gear before taking one of the trips.

Intramural softball run-down

Team	Won	Lost	Pct	Streak	PF	PA	GB	Games
730 AMS A	11	1	.917	Won 4	178	63	—	Women’s today
AAFES	10	2	.833	Won 1	168	75	1.0	--5:30 p.m. at Wilkins Field
LRS	9	3	.750	Lost 1	152	99	2.0	--6:30 p.m. at Wilkins Field
OG	8	4	.667	Lost 1	158	99	3.0	
MXS A	8	4	.667	Won 2	130	104	3.0	Men’s today
CPTS/DFAS	8	4	.667	Won 2	184	134	3.0	--7:30 p.m. at Wilkins Field
CES A	7	5	.583	Won 2	129	101	4.0	--8:30 p.m. at Wilkins Field
MSS/SVS	5	7	.417	Lost 2	176	145	6.0	
COMM	3	9	.250	Lost 2	95	174	8.0	
730 AMS B	3	9	.250	Lost 5	86	183	8.0	
USFJ	3	9	.250	Lost 4	80	119	8.0	
MDG	2	10	.167	Won 1	60	167	9.0	
CES B	1	11	.083	Lost 7	60	193	10.0	

(Current as of June 26)

Learn to swim this summer

The Natatorium is offering classes for all ages throughout the week and summer. Give a call to 225-6133 to get in on the action!



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